



Kentucky Department of Fish and Wildlife Resources
#1 Sportsman's Lane
Frankfort, Kentucky 40601
Visit our website: fw.ky.gov



"Becoming an Outdoors-Woman" and the logo are copyrighted

**2009 KENTUCKY'S BECOMING AN OUTDOORS-WOMAN
JABEZ, KENTUCKY**

FRIDAY, SEPTEMBER 18 - SUNDAY, SEPTEMBER 20, 2009

Your registration fee will include four weekend workshop sessions as well as evening programs, two night's accommodations, six meals beginning with lunch Friday thru breakfast Sunday, handouts, prizes and much more

The Kentucky Department of Fish and Wildlife Resources hosts this workshop in partnership with support and sponsorship provided by the Kentucky Network of Outdoor Women (KNOW), Salato Wildlife Education Center, KY Afield TV and KY Afield magazine, Remington, Federal and Lodge Cookware

Becoming an Outdoors-Woman is a workshop focused on the learning of outdoor skills - skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if...

- ☐ *you have never tried these activities, but have hoped for an opportunity to learn,*
- ☐ *you are a beginner who hopes to improve your skills,*
- ☐ *you know how to do some of these activities, but would like to try your hand at some new ones,*
- ☐ *you are just looking for the camaraderie of like-minded individuals.*

WORKSHOP AGENDA - All times are Eastern Standard Time

Friday, September 18, 2009

10:30 a.m.	Registration
12:00 p.m.	Welcome and Introductions / Meeting Room A and B
12:30-1:15 p.m.	Lunch
1:30 p.m.-5:00 p.m.	SESSION I
6:00-6:45 p.m.	Dinner
7:00 p.m.	Group Activities

Saturday, September 19, 2009

7:00-7:45 a.m.	Breakfast
8:00 a.m.-11:30 a.m.	SESSION II
12:00-12:45 p.m.	Lunch
1:30 p.m.-5:00 p.m.	SESSION III
6:00-6:45 p.m.	Dinner
7:00 p.m.	Group Activities

Sunday, September 20, 2009

6:30 a.m.	Optional Devotion
7:30-8:15 a.m.	Breakfast (please note change in time)
8:30 a.m.-11:30 a.m.	SESSION IV (please note change in time)
11:45 a.m.	Wrap-up and closing comments / Meeting Room A and B

SPECIAL CONSIDERATIONS

REGISTRATION AND FEES: One person per registration form however photocopies are accepted. **Early bird registration fee of \$165 closes Friday, July 31**, registrations postmarked after that time will be considered **standard registration fees of \$185 which will close Friday, September 4.**

ACCOMMODATIONS: Overnight lodging will be provided at the 4-H Leadership Center lodge. Should you have a particular person(s) you would like as a roommate please note that on your registration form otherwise one will be assigned to you. All rooms will be double occupancy unless noted (rooms will hold up to four). Single rooms are available at an extra fee of \$40.

QUESTIONS OR CONCERNS: Please call 1 800 858-1549 and ask for Naomi Wilson or e-mail Beth Minch at beth.minch@ky.gov

CANCELLATION: Deadline to cancel and receive a full refund is Tuesday, September 8, 2009 after that time a \$50 processing fee will be assessed.

CONFIRMATION: You will be sent an electronic confirmation to confirm your class selection, packing suggestions, reminders and directions. If you do not provide an e-mail address your confirmation will be sent by regular mail.

FINANCIAL SCHOLARSHIPS: The Kentucky Network of Outdoor Women (K.N.O.W.) will provide two (2) financial scholarships covering the registration fee to attend this workshop. Attendance to special classes with a separate fee will be the responsibility of the participant. The scholarships will be offered to first time BOW workshop attendees and you need not be a K.N.O.W. member to apply. Please submit a letter explaining why you would like to attend this BOW workshop by July 18, 2009 to: **KENTUCKY NETWORK OF OUTDOOR WOMEN, P.O. BOX 1721, FRANKFORT, KY 40602.**

Mail completed registration form and check (payable to Beth Minch) to:

BETH MINCH
P.O. BOX 35
STAMPING GROUND, KENTUCKY 40379

WORKSHOP FEE: \$165 EARLY BIRD REGISTRATION / \$185 STANDARD REGISTRATION

PLEASE MAKE SURE AND INCLUDE ANY ADDITIONAL CLASS FEES REGISTERED FOR

PLEASE PRINT CLEARLY

Name _____

Address _____ City _____

State _____ Zip _____ Phone (_____) _____

E-mail: _____

T-Shirt Size: _____ Room with: _____

OR --- I AM A ____ Night owl ____ Early to bed and to rise ____ Snore/restless/up many times

EMERGENCY MEDICAL AUTHORIZATION:

In the event of an emergency, I hereby give permission to a physician to hospitalize, secure proper anesthesia, or to order necessary medical procedures, or surgeries, deemed necessary by the extent of the medical emergency. I give consent for the KY Department of Fish and Wildlife Resources to provide medical attention, transportation and emergency medical services as warranted by the severity of the situation. To my knowledge, I am in good physical condition. I am not aware of a physical problem, disease or injury that would be aggravated, or result in my being injured, by participating in any of the BOW workshop programs except as designated below:

Pre-existing injury, illness or disease: _____

Medication allergies? _____

What medications are you currently taking? _____

Approximate date of your last Tetanus shot? _____

Insurance Company: _____

Name of policyholder & number: _____

I AS A PARTICIPANT RECOGNIZE THAT:

I may be exposed to some environmental/physical risk due to the nature of the workshop I assume full responsibility for any intentional action or injury that may result from my participation. I understand and accept that photographs and video may be taken during sessions and be used in future support of the program, that in the unavoidable event of a class or event cancellation, evening program or instructor change, BOW will provide excellent alternatives should these situations arise.

Applicant Signature

Date

CLASS SELECTION

Please note which class you wish to take in each sessions by marking it with the number 1. Select one alternate class in each session by marking it with the number 2 should your first choice not be available. Some classes are limited to participation and once capacity is met participants will be scheduled for their alternate class.

Classes with less than four (4) participants are subject to cancellation

FRIDAY, SEPTEMBER 18TH SESSION I / 1:30 P.M. THRU 5:00 P.M.

- ☐ Archery 101 LIMITED TO 10 PARTICIPANTS
- ☐ Fly Casting / Fly Tying EXTRA FEE, LIMITED TO 6 PARTICIPANTS
- ☐ Kayaking and Canoeing EXTRA FEE, LIMITED TO 12 PARTICIPANTS
- ☐ Kentucky Native Trees EXTRA FEE, LIMITED TO 12 PARTICIPANTS
- ☐ Map Reading Basics / Orienteering with the National Guard
- ☐ Turkey Walk and Talk EXTRA FEE, LIMITED TO 10 PARTICIPANTS
- ☐ Wilderness Survival EXTRA FEE, LIMITED TO 15 PARTICIPANTS

SATURDAY, SEPTEMBER 19TH SESSION II / 8:00 A.M. THRU 11:30 A.M.

- ☐ Antler Basket (Part I) EXTRA FEE, LIMITED TO 8 PARTICIPANTS
- ☐ Archery 101 LIMITED TO 10 PARTICIPANTS
- ☐ Boat Safe-Boat Smart LIMITED TO 8 PARTICIPANTS
- ☐ Campfire Cooking LIMITED TO 12 PARTICIPANTS
- ☐ Critter Catchin' / Reptile and Amphibian Basics LIMITED TO 12 PARTICIPANTS
- ☐ Deer Hunting, from the Woods to the Table (Part I)
- ☐ Firewood Preparation for Home Heating LIMITED TO 4 PARTICIPANTS
- ☐ First Aid / CPR and Survival with the National Guard
- ☐ High Ropes Challenge EXTRA FEE, LIMITED TO 20 PARTICIPANTS
- ☐ Intro to Rifles LIMITED TO 8 PARTICIPANTS
- ☐ Intro to Shotguns LIMITED TO 12 PARTICIPANTS
- ☐ Kentucky Concealed Carry (Part I) EXTRA FEE, LIMITED TO 12 PARTICIPANTS
- ☐ Walleye/Catfish/Bluegill Fishing LIMITED TO 6 PARTICIPANTS

SATURDAY, SEPTEMBER 19TH SESSION III / 1:30 P.M. THRU 5:00 P.M.

- ☐ Advanced Archery LIMITED TO 10 PARTICIPANTS
- ☐ Antler Basket (Part II)
- ☐ Deer Hunting, from the Woods to the Table (Part II)
- ☐ Fishing Basics
- ☐ Fly Casting / Fly Tying EXTRA FEE, LIMITED TO 6 PARTICIPANTS
- ☐ High Ropes Challenge EXTRA FEE, LIMITED TO 20 PARTICIPANTS
- ☐ Intro to Rifles LIMITED TO 8 PARTICIPANTS
- ☐ Intro to Shotguns LIMITED TO 12 PARTICIPANTS
- ☐ Kayaking and Canoeing EXTRA FEE, LIMITED TO 12 PARTICIPANTS
- ☐ Kentucky Concealed Carry (Part II)
- ☐ Turkey Walk and Talk EXTRA FEE, LIMITED TO 10 PARTICIPANTS
- ☐ Wilderness Survival EXTRA FEE, LIMITED TO 15 PARTICIPANTS

SUNDAY, SEPTEMBER 20TH SESSION IV / 8:30 A.M. THRU 11:30 A.M.

- ☐ Campfire Cooking LIMITED TO 12 PARTICIPANTS
- ☐ Critter Catchin' / Reptile and Amphibian Basics LIMITED TO 12 PARTICIPANTS
- ☐ Firewood Preparation for Home Heating LIMITED TO 4 PARTICIPANTS
- ☐ Hunting Kentucky Game
- ☐ Kentucky Native Trees EXTRA FEE, LIMITED TO 12 PARTICIPANTS
- ☐ Walleye/Catfish/Bluegill Fishing LIMITED TO 6 PARTICIPANTS

CLASS DESCRIPTION

ARCHERY 101 -- Learn a new outdoor skill you can do in your own backyard. Join Steve and Debbie Greer, 3rd place shooter in the Archery World Championship as they show you that you too can shoot a bow and it is fun! In this class you will learn the basics of archery using a Genesis bow. You will learn step by step instructions for correctly and safely shooting a bow and will be hitting the target and popping balloons in no time. **LIMITED TO 10 PARTICIPANTS**

ADVANCED ARCHERY -- Bring your own bow and learn the fundamentals of shooting life size animals on a 3-D Range with Steve and Debbie Greer, 3rd place shooter in the Archery World Championship. You'll learn advanced techniques to improve your form, accuracy to improve your arrow placement and tighten your arrow groups. **YOU MUST BRING YOUR OWN BOW AND ARROWS. LIMITED TO 10 PARTICIPANTS**

ANTLER BASKETS -- **ADDITIONAL \$30 FEE ABOVE THE REGISTRATION** -- Come craft your own work of art to take home with Bonnie (Johnson) Wyatt as you learn to weave a small basket using a deer antler as the center focus and handle. Receive step by step instruction along with detailed printed directions, materials list and contact information so you will be prepared to take your established handiwork home with you to create more masterpieces. **LIMITED TO 8 PARTICIPANTS**

BOAT SAFE-BOAT SMART -- What's required for boating in the Bluegrass State? Need some advice and practice at the ramp? Join Kentucky Department of Fish and Wildlife Resources Conservation Officer Travis Neal for an in-depth review of KY boating laws, rules of the road (water), safety tips, operational instruction, backing and launching and equipment requirements for operating boats and other watercraft on public waters. **LIMITED TO 8 PARTICIPANTS**

CAMPFIRE COOKING -- **ADDITIONAL \$5 FEE ABOVE THE REGISTRATION** -- Do you wish you knew more about cooking in the outdoors? If so this is the class for you. Cooking around the campfire can be simple and you don't need a lot of equipment. Come join Annie Hood and Laurie Davison as they show you several ways to cook without pots or pans. Make sure and come with an appetite because we will eat what we prepare. **LIMITED TO 12 PARTICIPANTS**

CRITTER CATCHIN' / REPTILE AND AMPHIBIAN BASICS -- We're going herping with Brent McCarty so bring along your hiking boots and snake bite kit! KY is home to over 100 different kinds of reptiles and amphibians (herps), sometimes it just takes a keen eye, a little know how and a willingness to get dirty in order to find them. We'll spend time in the classroom learning to identify them then go outside to flip over rocks and scratch around in the dirt until we find them. Don't worry about the snake bite kit we won't pick up any *venomous* snakes. Participants should be able hike moderate to rugged terrain, climb steep inclines and be prepared to get muddy! **LIMITED TO 12 PARTICIPANTS**

DEER HUNTING, FROM THE WOODS TO THE TABLE -- During this class Dawn and Dave Hosch will discuss laws and regulations, safety, hunting ethics, tools of the trade, habitat and signs for deer hunting. They will also cover proper field dressing, skinning, cleaning and storage as well as preparation tips. **LIMITED TO 12 PARTICIPANTS**

FIREWOOD PREPARATION FOR HOME HEATING -- This will be a hands on class lead by Jim Gallagher stressing the safe use of chain saws, sledge hammers, wedges, axes, and hatchets with the purpose of preparing firewood for winter use. We will fell a modest size tree or snag, trim branches, cut up the trunk, use sledges and wedges, axes and hatchets. Pine cones will be prepped with molten wax for cheap and easy fire starters. An overview of the best wood for home heating will be conducted, and safety will be stressed. **LIMITED TO 4 PARTICIPANTS**

FIRST AID / CPR AND SURVIVAL WITH THE NATIONAL GUARD -- This class will offer insight as well as understanding and basic skills to assist you in learning first aid and survival for home and in outdoor environments. Be prepared for a minor emergency anywhere by learning about evaluating a casualty, treat for shock, what to do in case of a snake bite's and the basics of first aid. We'll also discuss vegetation identification, be shown fire starting skills as well as shown how to build snares & traps and how to build a shelter should you find yourself in a situation where it is warranted.

FISHING BASICS -- Venture into the world of fishing as John Williams and Willie Johnson show you the ins and outs of the tackle box. You will learn about the use of live bait, lures, spinning rods and casting rods. We will discuss fish habitat, where to find different kinds of fish and you will get to utilize your new found skills by hitting the waters of Lake Cumberland. **PARTICIPANTS MUST HAVE A VALID KY FISHING LICENSE**

FLY CASTING / FLY TYING -- **ADDITIONAL \$10 FEE ABOVE THE REGISTRATION** -- This class will focus on the fundamentals of fly tying and fly casting. There will be hands on opportunity with Jim Gallagher to learn about the equipment and techniques needed to turn out your own hand tied flies. Participants will tie the "Wooly Bugger" nymph, a simple and highly effective tie. Concepts learned with the wooly bugger will be applied to a more sophisticated jewelry tie after the elegant Atlantic Salmon flies. The casting will be done on an open grassy area and plenty of demonstration and one on one coaching will have the students competent at casting a fly rod in short order. **LIMITED TO 6 PARTICIPANTS**

HIGH ROPES CHALLENGE -- **ADDITIONAL \$25 FEE ABOVE THE REGISTRATION** -- Three pole climbing tower with climbing wall and vertical playpen, Zip Line off the climbing tower, Multi-vine Traverse, Trouble Trolley, Islands Hopping, Oobie Doobie, and Giant Swing. The concept of "Challenge by choice" allows participants to set individual goals and measures of success. Finding success outside of one's comfort zone encourages individuals to push for success. Trained certified facilitators will assist participants in these interactive challenge course activities. **LIMITED TO 20 PARTICIPANTS**

HUNTING KY GAME -- Whether it has fur or feathers -- from the biggest KY has to offer in elk to squirrels in the woods to doves in the fields -- you'll learn about KY's hunting seasons and regulations. It will all be covered in this fun filled class with Norm Minch, Terry Gribben and Ricky Johnson sharing their tall "tails" based on their hunting experiences. Come ready to learn through an interactive class of ease filled with more humor than your sides will be able to stand.

INTRO TO RIFLES -- Steven E. Sherer, NRA Certified Instructor and his wife Isabelle, RN invite you to participate in the intro to rifle class where you will learn the basic skills for safely and accurately using a rifle for sport and hunting purposes. We'll discuss rifle safety, types and selection, calibers, use for harvesting game and varmints in KY and provide you time to shoot .22 and other caliber rifles. It is a fun and informative course -- just ask some of their former students! **LIMITED TO 8 PARTICIPANTS**

INTRO TO SHOTGUNS -- Lenny Wilson NRA Certified Instructor, Annie Wilson 2nd place shooter in KY's state shoot along with Hunter Education Master Instructor John Thompson will show you how to shoot moving targets. You will learn to safely handle and shoot different types of shotguns and by the end of the class you will be knocking moving targets from the sky. Come join in the fun! Eye and ear protection are required and will be provided. **LIMITED TO 12 PARTICIPANTS**

KAYAKING AND CANOEING -- **ADDITIONAL \$5 FEE ABOVE THE REGISTRATION** -- Join water enthusiasts Scotty Clenney and Gale Cherry as they discuss equipment, safety, reading the water, transporting your craft, maneuvering in variable situations and strokes with your water craft. Activities will include Capture the Flag, a water game on Lake Cumberland, rigging a kayak for fishing and demonstrating canoe jug fishing. Come ready for a day of water fun and a dip (by choice) in Lake Cumberland. **LIMITED TO 12 PARTICIPANTS**

KY CONCEALED CARRY -- **ADDITIONAL \$70 FEE ABOVE THE REGISTRATION** -- Join certified instructor Eric Eisiminger in this class as the laws governing concealed carry, basic marksmanship, pistol operation and cleaning, as well as general information about your personal security are covered. Those who complete this class will be able to apply for a permit to carry a concealed firearm. **What to bring: pistol, 25 rounds minimum of factory ammo (no reloads) and your pistol cleaning kit.** If you do not have any of these items arrangements can be made to assist you but you are strongly encouraged to have your own gear. **LIMITED TO 12 PARTICIPANTS**

KY NATIVE TREES -- **ADDITIONAL \$5 FEE ABOVE THE REGISTRATION** -- Join Mary Carol Cooper, Kentucky Department of Fish and Wildlife Resources Native Plant Program Coordinator, as you learn how to identify Kentucky native trees such as sweet gum, pawpaw and more. We will also work on nature journaling along the way. Come learn and create with us! **LIMITED TO 12 PARTICIPANTS**

MAP READING BASICS / ORIENTEERING WITH THE NATIONAL GUARD -- Expand the limits of your outdoor experience! Primarily, we'll learn the basics of map reading and how to use a compass for confident land navigation in the woods. We'll also discuss terrain features. Learn about how to stay found, and some basic survival techniques to use do when you don't or can't.

TURKEY WALK AND TALK -- **ADDITIONAL \$15 FEE ABOVE THE REGISTRATION** -- What can fly 15 mph, run 12 mph and seem to see the blink of an eye at 100 yards -- the wild turkey. Looking for a challenge when you go to the woods, well then you've found it. Join Ricky Johnson, Terry Gribben and Norm Minch as they tell you more about this elusive bird that has hunters in the woods at 5am waiting to see if they can win the battle. You'll also create your own box call. **LIMITED TO 10 PARTICIPANTS**

WALLEYE/CATFISH/BLUEGILL FISHING -- **ADDITIONAL \$5 FEE ABOVE THE REGISTRATION** -- Enjoy early fall fishing on Lake Cumberland. You will get to fish from a boat with experienced anglers John Williams and Willie Johnson and learn how to find and catch a variety of fishes. Your guides will show you the equipment and techniques used to target walleye, catfish and bluegill and how to fillet and prepare your catch. **LIMITED TO 6 PARTICIPANTS / PARTICIPANTS MUST HAVE A VALID KENTUCKY FISHING LICENSE**

WILDERNESS SURVIVAL -- **ADDITIONAL \$10 FEE ABOVE THE REGISTRATION** -- If you were lost or injured in the woods with the sun quickly setting, would you know what to do to survive? Join Salato Wildlife Educational Center Director, Laurie Davison in this class as you cover such vital skills as finding water or staying warm which may be a total mystery to those of us. In this workshop you will learn a few of the basic skills needed to stay healthy and alive until help arrives. We will build a simple shelter, construct a solar still, and make a fire using a shoelace bow-and-drill. We will also discuss a few "must have" items you should never hit the woods without! Tom Brown's paperback "Field Guide to Wilderness Survival" will be provided to each participant. **LIMITED TO 15 PARTICIPANTS**

The Kentucky Department of Fish and Wildlife Resources is funded through the sale of hunting and fishing licenses and boat registrations. KDFWR receives no general fund tax dollars. KDFWR does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals with disabilities and equal opportunity to participate in all programs and activities.

